



AN EASY GUIDE TO MINI / MIDI RUGBY



	U7	U8	U9	U10	U11	U12	
TEAM	7 a side		9 a side		12 a side	13 a side	TEAM
TACKLE	Tag rugby (U8 = 7 tag turnover)		Full tackle - Below line of armpit 'Scrag' and 'high' (above armpit) = penalty				TACKLE
KICKING	No kicking				No fly hacks		KICKING
LINE OUT	N/A Free pass		2 players No quick line out No long throws Uncontested Contested		At least 2 players 2 to 4 @ U11 recommended 2 to 5 @ U12 recommended No quick lineout or long throws		LINE OUT
SCRUM	N/A Free pass		3 players Uncontested	3 players	5 players	6 players	SCRUM
			1.5m drive max 45 deg wheel max				
			Backs 5m behind scrum				
RESTART	Free pass No quick restarts or penalties				Drop kick starts and re-starts Tap penalties or touch kicks Free kicks		RESTART
OFFSIDE	After a tag defenders must retire between tagged opponent and own try line		Defending scrum half offside at defending rear foot Rest of team 5m back		Defending scrum half offside at centre of tunnel Rest of team 5m back		OFFSIDE
			All players not contesting line out must be 7m back				
SAFETY	NO HAND OFF NO DIVING TO SCORE TRY		GUMSHIELDS MANDATORY NO LIFTING AT LINE OUT NO HAND OFF				SAFETY
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